



Healthy North Carolina

A Better State of Health 2020

Resolution in Support of Making North Carolina a Healthier State

WHEREAS, the 2011 America's Health Rankings listed NC as 32nd in overall health¹; and

WHEREAS, NC ranks poorly on other health indicators including health outcomes, health behaviors, access to care and socioeconomic measures²; and

WHEREAS, prevention and wellness can save lives, reduce disability, improve quality of life, improve productivity and may decrease health care costs; and

WHEREAS, improving modifiable behaviors can improve health outcomes; and

WHEREAS, the North Carolina Institute of Medicine developed a *Prevention Action Plan* with recommendations addressing 10 preventable risk factors contributing to the leading causes of death and disability in the state, including tobacco use, physical inactivity and poor nutrition, risky sexual behavior, substance abuse, mental health disorders, environmental risks, injuries, infectious diseases, racial and ethnic disparities, and socioeconomic factors; and

WHEREAS, the *Prevention Action Plan* includes evidence-based strategies to improve population health in the state; and

WHEREAS, the Governor's Task Force for Healthy Carolinians is charged by Executive Order to develop the 2020 health objectives for the citizens of the State; and

WHEREAS, the Healthy North Carolina 2020 Objectives will address each of the 10 areas listed above in addition to maternal and infant health, oral health, and chronic disease; and

WHEREAS, these health objectives are designed to increase the span of healthy life of the citizens of North Carolina; eliminate health disparities and achieve health equity; promote access to preventive health services; protect the public's health; foster positive and supportive living and working conditions in our communities; and support individuals to develop the capacities and skills to achieve healthy living³; and

WHEREAS, communities, employers, hospitals, individuals and families, insurers, legislators and policy makers, schools and child care facilities, and health care providers must work together to improve health behaviors;

BE IT THEREFORE RESOLVED that the undersigned endorses improving health for North Carolina.

I am signing as:

_____ an individual Individual Signature: _____ Date: _____

_____ on behalf of my organization

Signature of Authorized Representative: _____ Date: _____

(Please complete both sides of this document)

Printed Contact Name: _____

Organization Name (if applicable): _____

Address: _____ Phone: _____
(Home Personal Address OR Organization Business Address)

City: _____ State: _____ Zip: _____

Email: _____

I hereby make an individual or organizational commitment to promoting change in the following topic areas:
(Check all that apply)

- ☐ Tobacco Use
- ☐ Physical Activity and Nutrition
- ☐ Sexually Transmitted Diseases/Unintended Pregnancy
- ☐ Substance Abuse
- ☐ Mental Health
- ☐ Environmental Risks
- ☐ Injury
- ☐ Infectious Disease/Foodborne Illness
- ☐ Social Determinants of Health
- ☐ Maternal and Infant Health
- ☐ Oral Health
- ☐ Chronic Disease

- ☐ **Check here if you would like a presentation to your Board, organization or community group**
- ☐ Check here if you do not wish for us to follow up with you regarding your commitment and periodic progress

Mail the resolution to HNC2020, 1931 Mail Service Center, Raleigh, NC 27699-1931 or fax to 919-870-4833.

For more information, visit the HNC2020 website at <http://publichealth.nc.gov/hnc2020>

1. United Health Foundation. America's Health Rankings 2011. <http://www.americashealthrankings.org>. Accessed February 16, 2012.
2. North Carolina Institute of Medicine Task Force on Prevention. *Prevention for the Health of North Carolina: Prevention Action Plan*. Morrisville, NC: North Carolina Institute of Medicine; 2009.
3. Healthy Carolinians. *Executive Order No. 26 Reestablishing the Governor's Task Force for Healthy Carolinians*. <http://www.healthycarolinians.org/>. October 8, 2009. Accessed May 18, 2010.

